



**Join Your Local NAMI Chapter for a fun 5K walk to
Help Raise Mental Health Awareness**

**OCTOBER 1, 2022
SHOW LOW CITY PARK
OLD PAVILION
12:30 TO 2 PM**



**Pre-register by September 1 with a \$10 donation and receive a NAMI WM tee
Register or donate @ namiwmaz.org**



For more information, please email
namiwhitemountains@gmail.com



White Mountains, AZ